



Lenten
Devotions

THE COVER DESIGN

illustrates the mercy of God (symbolized by the golden rays of light bursting forth from behind the cloud) upon the repentant sinner (symbolized by the sheep caught in the thorny brambles). This recalls to mind our Lord's parable of the one sheep in a hundred, that was lost and sought after by the Divine Shepherd. The thistle with its purple flower and white down is symbolic of sin, which we determine to put out of our lives by our Lenten observance.

A Course of Weekly

LENTEN

DEVOTIONS

Based Upon

THE SEVEN PENITENTIAL PSALMS

Arranged for
Congregational Participation
by
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Nihil Obstat—

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FOREWORD

Long ago, at the very dawn of human history, Adam, cringing in guilty fear, crouched in the garden of Eden, because he had offended God by his sin of disobedience. Thousands of years later, Jesus Christ lay prostrate in agony in the garden of Gethsemani and pleased God with His act of obedience, whereby He undertook to die upon the Cross to atone for the sin of Adam and for all subsequent offenses against God. The interval and the contrast between Adam and Christ, between Eden and Gethsemani, between the tree of death in Adam's garden and the tree of life on Calvary, are symbolized and dramatized by the holy season of Lent. Lent begins with the Wednesday of Ashes, ashes that are imposed on sinful men with the same words God addressed to Adam: "Remember, man, that thou art dust and unto dust thou shalt return." Lent reaches its climax with Holy Week, the re-enactment of the great events of Christ's redemptive work.

We need a Lenten season this year, because we have fallen far from the high ideals and grand resolutions of last year's Holy Week. Our Lenten observances and aspirations of last year have turned to ashes through a year of contact with a pagan world, just as the palms of last year's Palm Sunday are burned and reduced to the ashes of this year's Ash Wednesday. We have come so far down the road of spiritual decline, precisely because we have imitated the sinful Adam rather

than the sinless Christ. Adam was tempted; he ate the forbidden fruit and was conquered by the devil. Christ also was tempted to eat; He fasted and overcame Satan. Adam blamed someone else for the sin he had committed; Christ took the blame for the sins He did not commit. The spirit of Lent is penance, and true penance is evidenced, not by throwing the blame elsewhere, but by self-accusation and confession.

When we receive the blessed ashes on Ash Wednesday, they are traced on our heads in the form of a cross. That cross of ashes becomes for us an identifying brand; we go forth into the world, marked with the cross of Christ, in order to show the world that we are resolved to follow Christ the Warrior throughout Lent. How many there are who, marked with the cross of ashes, go back to a life of sin and bad habits, back to the old business of spurning God and neglecting prayer and divine service, of drunkenness and immorality, of stealing, cheating and lying, of hatred and ill-will toward their neighbor! Lent is a time of battle; the battleground is our soul. Satan wants to enslave our soul; Christ wants to rule it. Who shall win this battle? The answer lies with us. We must follow Christ and fight by His side in the terrific battle against Satan. The spirit of Lent is penance. To achieve this spirit, Holy Mother Church gives us a three-point Lenten program: 1) prayer; 2) self-denial or mortification; 3) almsgiving.

There is a woeful deficiency of personal prayer in private, of family prayer in the home, and of

community prayer in the church. Prayer is the force that will bring peace and order and righteousness into our troubled world.

Self-denial, fasting from food and pleasures, is arduous indeed; but the Lenten Preface reminds us that it "curbs our vices, elevates our minds (to Heavenly things), gives us strength (to live a good life here on earth), and grants us the reward (of eternal life in Heaven)". Mortification is good, for a twofold reason: 1) it enables us to do penance for our sins and join our bit of self-denial to Christ's great Act of sacrifice and atonement; 2) it strengthens our will by training it, through self-denial in lawful things, to overcome temptation and avoid sinful things.

Lenten mortification must never be a merely negative thing. There must be a positive good result from it, as indicated by Pope Saint Leo the Great: "What you save by fasting and self-denial, give to feed and help the poor. Let the rich man's fast become the poor man's feast." This is effective almsgiving, which comes from salutary self-denial.

May our observance of Lent be spiritually profitable, fortified by patience and perseverance, enriched by prayer, mortification, and almsgiving, and motivated by that spirit of penance so admirably expressed in the seven penitential Psalms, the Scriptural readings, and liturgical prayers which form the nucleus of this Course of Lenten Devotions.

Feast of Saint Agnes, 1949

WEEKLY LENTEN DEVOTIONS

FIRST SECTION

PRIEST—In the name of the Father and of the Son and of the Holy Ghost. Amen.
Our Father . . .

PEOPLE—Give us this day . . .

PRIEST—Hail Mary . . .

PEOPLE—Holy Mary . . .

PRIEST—I believe in God . . .

PEOPLE—I believe in the Holy Ghost . . .

PRIEST—O God, come to my assistance,

PEOPLE—O Lord, make haste to help me.

PRIEST—Glory be to the Father and to the Son and to the Holy Ghost,

PEOPLE—As it was in the beginning, is now, and ever shall be, world without end. Amen. Praise be to Thee, O Christ, King of eternal glory.

(ANTIPHON)

PRIEST—**L**ET US change our garments for ashes and sackcloth: let us fast and lament before the Lord: for our God is plenteous in mercy to forgive our sins.

(PSALM 50)

PRIEST—**H**AVE MERCY on me, O God,
according to Thy mercy; * ac-
cording to Thy great clemency blot out
my iniquity.

PEOPLE—Wash me completely from my guilt,
* and cleanse me from my sin.

PRIEST—For I acknowledge my iniquity, *
and my sin is always before me.

PEOPLE—Against Thee only have I sinned, *
and I have done what is evil in Thy sight.

PRIEST—This I confess that Thou mayest be
known to be just in Thy sentence, * right
in Thy judgment.

PEOPLE—Behold, I was born in guilt, * and
my mother conceived me in sin.

PRIEST—Behold, Thou dost delight in sincer-
ity of heart, * and teachest me wisdom
in the depths of my soul.

PEOPLE—Sprinkle me with hyssop, that I may
be cleansed; * wash me, that I may be-
come whiter than snow.

PRIEST—Let me hear sounds of joy and glad-
ness, * let the bones which Thou hast
crushed rejoice.

PEOPLE—Turn away Thy face from my sins,
* and blot out all my guilt.

PRIEST—Create a clean heart for me, O God,
* and renew in me a steadfast spirit.

PEOPLE—Cast me not off from Thy presence,
* and take not Thy holy spirit from me.

PRIEST—Restore to me the joy of Thy salvation,
* and strengthen me with a generous spirit.

PEOPLE—I will teach the unjust Thy ways, *
and sinners shall be converted to Thee.

PRIEST—Deliver me from blood-guilt, O
God, God my Savior; * let my tongue
rejoice because of Thy justice.

PEOPLE—O Lord, open Thou my lips, * and
my mouth shall declare Thy praise.

PRIEST—For Thou dost not delight in sacrifice;
* and a burnt-offering Thou
wouldst not accept, if I offered it.

PEOPLE—My sacrifice, O God, is a contrite
spirit, * a contrite and humbled heart, O
God, Thou wilt not despise.

PRIEST—In Thy goodness, O Lord, deal kindly
with Sion, * that Thou mayest rebuild
the walls of Jerusalem.

PEOPLE—Then wilt Thou accept lawful sacrifices,
oblations and burnt-offerings; *
then will they offer bullocks on Thy
altar.

PRIEST—Glory be to the Father and to the Son * and to the Holy Ghost,

PEOPLE—As it was in the beginning, is now, and ever shall be, * world without end. Amen.

(ANTIPHON)

PEOPLE—Let us change our garments for ashes and sackcloth: let us fast and lament before the Lord: for our God is plenteous in mercy to forgive our sins.

PRIEST—**L**ET US amend and do better for those things in which we have sinned through ignorance: lest, suddenly prevented by the day of death, we seek time for penance, and be not able to find it.

PEOPLE—Attend, O Lord, and have mercy: for we have sinned against Thee.

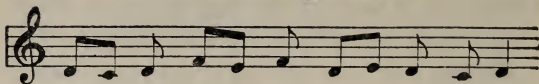
PRIEST—Help us, O God, our Savior: and for the honor of Thy Name, O Lord, deliver us.

PEOPLE—Attend, O Lord, and have mercy: for we have sinned against Thee.

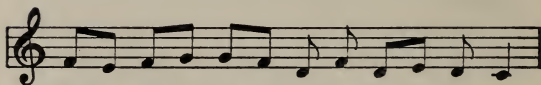
PRIEST—Glory be to the Father and to the Son and to the Holy Ghost.

PEOPLE—Attend, O Lord, and have mercy: for we have sinned against Thee.

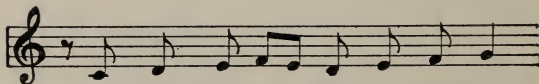
All Join in Singing the Hymn: **Thou Loving Maker**



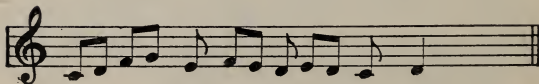
1. Thou lov - ing Mak - er of man-kind
2. Much have we sinned, but we con - fess
3. Grant O Thou bless - ed Trin - i - ty,



Be - fore Thy throne we pray and weep;
Our guilt and all our faults de-plore.
Grant, O Es - sen-tial U - ni - ty.



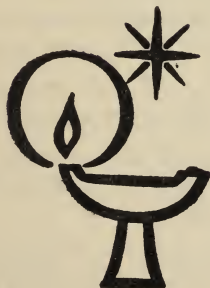
O strength-en us with grace di-vine
Oh, for the praise of Thy great Name
That this our fast of for-ty days



Du - ly this sa-cred Lent to keep.
Our faint - ing souls to health re-store.
May work our prof-it and Thy praise. A-men.

*Continue with the Second Section
Which Varies Each Week in Lent:*

- 1st Week, turn to Page 12*
2nd Week, turn to Page 16
3rd Week, turn to Page 20
4th Week, turn to Page 25
5th Week, turn to Page 30
6th Week, turn to Page 34



Watch and pray!

SECOND SECTION FOR THE FIRST WEEK

(ANTIPHON)

PRIEST—As I live, saith the Lord, I desire not the death of the wicked, but that the wicked turn from his ways and live.

(PSALM 6)

PRIEST—O LORD, reprove me not in Thy anger, * nor chastise me in Thy wrath.

PEOPLE—Have pity on me, O Lord, for I am weak; * heal me, O Lord, for my very bones are shaken.

PRIEST—And my soul is deeply troubled; * but Thou, O Lord, how long . . . ?

PEOPLE—Return, O Lord, and save my life, * rescue me for Thy mercy's sake.

PRIEST—For in death no one remembers Thee: * who praises Thee in the abode of the dead?

PEOPLE—I am worn out with my sighing, night after night I moisten my bed with weeping, * with tears I drench my couch.

PRIEST—My eye is dim because of grief, * it grows old because of all my enemies.

PEOPLE—Depart from me, all you evildoers,
* for the Lord has heard my tearful cry.

PRIEST—The Lord has heard my pleading, *
the Lord has accepted my prayer.

PEOPLE—Let all my foes be brought to shame
and utter confusion; * let them turn back
and speedily be brought to shame.

PRIEST—Glory be to the Father and to the
Son and to the Holy Ghost,

PEOPLE—As it was in the beginning, is now,
and ever shall be, world without end.
Amen.

(ANTIPHON)

PEOPLE—As I live, saith the Lord, I desire
not the death of the wicked, but that the
wicked turn from his ways and live.

PRIEST—*Reading from the Prophecy of
Isaias.*

THUS SAITH the Lord God: Cry, cease
not, lift up thy voice like a trumpet and
show My people their wicked doings and
the house of Jacob their sins. For they
seek Me from day to day and desire to
know My ways, as a nation that hath done
justice and hath not forsaken the judgment
of their God; they ask of Me the judgments
of justice; they are willing to approach
to God. Why have we fasted and

Thou hast not regarded; have we humbled our souls and Thou hast not taken notice? Behold in the day of your fast your own will is found and you exact of all your debtors. Behold you fast for debates and strife and strike with the fist wickedly. Do not fast as you have done until this day to make your cry to be heard on high. Is this such a fast as I have chosen, for a man to afflict his soul for a day? Is this it, to wind his head about like a circle and to spread sackcloth and ashes? Wilt thou call this a fast, and a day acceptable to the Lord? Is not this rather the fast that I have chosen? Loose the bands of wickedness, undo the bundles that oppress, let them that are broken go free, and break asunder every burden. Deal thy bread to the hungry and bring the harborless into thy house: when thou shalt see one naked, cover him, and despise not thy own flesh. Then shall thy light break forth as the morning and thy health shall speedily arise, and thy justice shall go before thy face and the glory of the Lord shall gather thee up. Then shalt thou call, and the Lord shall hear; thou shalt cry, and He shall say: Here I am. Because I the Lord thy God am merciful.

PEOPLE—Thanks be to God.

PRIEST—I WILL extol Thee, O Lord, for
Thou hast upheld me and hast
not made my enemies to rejoice over me.
O Lord, my God, I have cried to Thee,
and Thou hast healed me: Thou hast
brought forth, O Lord, my soul from
hell; Thou hast saved me from them
that go down into the pit.

PEOPLE—O Lord, repay us not according to
the sins we have committed, nor accord-
ing to our iniquities. O Lord, remember
not our former iniquities: let Thy mer-
cies speedily precede us, for we are be-
come exceeding poor. Help us, O God,
our Savior: and for the glory of Thy
Name, Lord, deliver us: and forgive us
our sins for Thy Name's sake.

PRIEST—Let us pray: Grant us, O Lord, to
begin the campaign of our Christian
warfare with holy fasting; so that, as we
go forth to battle against the spirits of
evil, we may be defended by the strength
of self-control. Through Christ our
Lord.

PEOPLE—Amen.

Continue with the Third Section: page 38

SECOND SECTION FOR THE SECOND WEEK

(ANTIPHON)

PRIEST—Days of penance are come to us,
that we may redeem our sins and save
our souls.

(PSALM 31)

PRIEST—**H**APPY IS he whose iniquity is for-
given, * whose sin is pardoned.

PEOPLE—Happy the man to whom the Lord
imputes no guilt, * and in whose spirit
there is no deceit.

PRIEST—As long as I was silent, my bones
wasted away * amid my continual groan-
ings.

PEOPLE—For day and night Thy hand lay
heavy upon me, * my strength was
sapped as with summer heat.

PRIEST—My sin I confessed to Thee, * and
my guilt I did not hide;

PEOPLE—I said: I confess my iniquity to the
Lord, * and Thou didst forgive the guilt
of my sin.

PRIEST—Therefore every pious man will
pray to Thee * in time of need.

PEOPLE—When the floods rush in, * they will not reach him.

PRIEST—Thou art a refuge to me, Thou wilt guard me against distress, * with the joy of my salvation Thou wilt surround me.

PEOPLE—I will instruct thee, and direct thee in the way thou shouldst walk; * I will counsel thee, and keep my eyes fixed upon thee.

PRIEST—Be not like the horse and the mule, without understanding, whose temper is curbed by bit and bridle, * else they will not approach thee.

PEOPLE—Many are the sorrows of the wicked; * but kindness surrounds him who hopes in the Lord.

PRIEST—Be glad in the Lord, and rejoice, you just; * and be jubilant, all you upright of heart.

PRIEST—Glory be to the Father and to the Son and to the Holy Ghost,

PEOPLE—As it was in the beginning, is now, and ever shall be, world without end. Amen.

(ANTIPHON)

PEOPLE—Days of penance are come to us, that we may redeem our sins and save our souls.

PRIEST—*Reading from the Prophecy of
Isaias.*

IN THOSE days, the prophet Isaias spoke, saying: Seek ye the Lord while He may be found; call upon Him while He is near. Let the wicked forsake his way, and the unjust man his thoughts, and let him return to the Lord, and He will have mercy on him; and to our God, for He is bountiful to forgive. For My thoughts are not your thoughts; nor your ways My ways, saith the Lord. For as the heavens are exalted above the earth, so are My ways exalted above your ways, and My thoughts above your thoughts. And as the rain and the snow come down from heaven, and return no more thither, but soak the earth and water it, and make it to spring, and give seed to the sower and bread to the eater; so shall My word be, which shall go forth from My mouth: it shall not return to Me void, but it shall do whatsoever I please, and shall prosper in the things for which I sent it; saith the Lord Almighty.

PEOPLE—Thanks be to God.

PRIEST—BLESSED IS the nation whose God is the Lord: the people whom He hath chosen for His inheritance. By the word of the Lord the heavens were established; and all the power of them by the spirit of His mouth.

PEOPLE—O Lord, repay us not according to the sins we have committed, nor according to our iniquities. O Lord, remember not our former iniquities: let Thy mercies speedily precede us, for we are become exceeding poor. Help us, O God, our Savior: and for the glory of Thy Name, Lord, deliver us: and forgive us our sins for Thy Name's sake.

PRIEST—Let us pray: Of Thy goodness, we beseech Thee, O Lord, continue to help us in the observance of this holy fast, that having learned our duties from Thee, we may accomplish them by the help of Thy grace. Through Christ our Lord.

PEOPLE—Amen.

Continue with the Third Section: page 38

SECOND SECTION FOR THE THIRD WEEK

(ANTIPHON)

PRIEST—With the armor of justice let us
give ourselves to much patience and
fasting.

(PSALM 37)

PRIEST—**R**EBUKE ME not, O Lord, in
Thy anger, * nor chastise me in
Thy wrath.

PEOPLE—For Thy arrows have pierced me, *
and Thy hand has come down upon me.

PRIEST—There is no soundness in my flesh
because of Thy wrath, * there is no
health in my bones because of my sin.

PEOPLE—For my guilt has overwhelmed me,
* like a heavy load it weighs me down.

PRIEST—My wounds are foul and festering
* because of my folly.

PEOPLE—I am bent, I am bowed down ex-
ceedingly, * all day long I go about
mourning.

PRIEST—For my loins are filled with burning
pains, * and there is nothing healthy in
my flesh.

PEOPLE—I am benumbed and badly crushed,
* I cry aloud because of the wild surging of my heart.

PRIEST—All my desire is known to Thee, O Lord, * and my sighing is not hidden from Thee.

PEOPLE—My heart throbs, my strength is leaving me, * and the very light of my eyes fails me.

PRIEST—My friends and my companions stand aloof from my affliction, * and my relatives stand afar off.

PEOPLE—They who seek my life lay snares, and they who seek to injure me threaten ruin, * and scheme treachery all day long.

PRIEST—But I, like one deaf, hear not, * and I am like a dumb man who opens not his mouth.

PEOPLE—And I am like a man who hears not, * and like one in whose mouth there is no answer.

PRIEST—For in Thee, O Lord, I trust: * Thou wilt answer me, O Lord, my God.

PEOPLE—For I say: “Let them not rejoice over me; * when my foot slips, let them not become arrogant towards me.”

PRIEST—For I am ready to fall, * and my grief is ever with me.

PEOPLE—For I confess my guilt, * and I am uneasy because of my sin.

PRIEST—But powerful are they who oppose me without reason, * and numerous are they who hate me unjustly;

PEOPLE—And they who repay evil for good, * are my foes, because I seek to do good.

Forsake me not, O Lord, * my God,
be not far from me!

PEOPLE—Hasten to help me, * O Lord, my salvation!

Glory be to the Father and to the
Son and to the Holy Ghost,

PEOPLE—As it was in the beginning, is now,
and ever shall be, world without end.
Amen.

(ANTIPHON)

PEOPLE—With the armor of justice let us
give ourselves to much patience and
fasting.

PRIEST—*Reading from the Prophecy of Ezechiel.*

THUS SAITH the Lord God: I will sanctify My great Name, Which was profaned among the Gentiles, Which you have profaned in the midst of them, that the Gentiles may know that I am the Lord, when I shall be sanctified in you before their eyes. For I will take you from among the Gentiles, and will gather you together out of all countries, and will bring you into your own land; and I will pour upon you clean water, and you shall be cleansed from all your filthiness, and I will cleanse you from all your idols, and I will give you a new heart, and put a new spirit within you; and I will take away the stony heart out of your flesh, and will give you a heart of flesh, and I will put My spirit in the midst of you, and I will cause you to walk in My commandments, and to keep my judgments, and do them; and you shall dwell in the land which I gave to your fathers, and you shall be My people, and I will be your God; saith the Lord Almighty.

PEOPLE—Thanks be to God.

PRIEST—IN GOD hath my heart confided
and I have been helped: and my
flesh hath flourished again, and with my

will I will give praise to Him. Unto Thee will I cry, O Lord: O my God, be not Thou silent, depart not from me.

PEOPLE—O Lord, repay us not according to the sins we have committed, nor according to our iniquities. O Lord, remember not our former iniquities: let Thy mercies speedily precede us, for we are become exceeding pood. Help us, O God, our Savior: and for the glory of Thy Name, Lord, deliver us: and forgive us our sins for Thy Name's sake.

PRIEST—Let us pray: Grant, we beseech Thee, Almighty God, that we who mortify ourselves by fasting may rejoice with holy devotion: so that, in restraining our earthly affections, we may more easily understand the things of Heaven. Through Christ our Lord.

PEOPLE—Amen.

Continue with the Third Section: page 38

SECOND SECTION FOR THE FOURTH WEEK

(ANTIPHON)

PRIEST—He who is not with Me is against Me, and he who does not gather with Me, scatters.

(PSALM 101)

PRIEST—O LORD, answer my prayer, *
and let my cry come to Thee.

PEOPLE—Hide not Thy face from me * in the
day of my distress.

PRIEST—Incline Thy ear to me: * when I call
Thee, answer me speedily.

PEOPLE—For my days vanish like smoke, *
and my bones burn like fire.

PRIEST—My heart, scorched like grass, is
withering away, * I forget to eat my
food.

PEOPLE—Because of the violence of my moan-
ing, * my bones cleave to my skin.

PRIEST—I am like a pelican in the wilderness,
* I have become like an owl among
ruins.

PEOPLE—I am sleepless and I moan * like a
solitary bird on the housetop.

PRIEST—My enemies are always insulting me; * they who rage against me, swear by my name.

PEOPLE—For I eat ashes like bread, * and mingle my drink with tears.

PRIEST—Because of Thy indignation and Thy wrath, * for Thou hast lifted me up and cast me down.

PEOPLE—My days are like lengthened shadows, * and I am withering away like grass.

PRIEST—But Thou, O Lord, dost abide forever, * and Thy Name throughout all ages.

PEOPLE—Arise and have pity on Sion, * because now is the time for Thee to be gracious to it, for the hour has come.

PRIEST—For Thy servants love its stones, * and they have pity on its ruins.

PEOPLE—Then the nations will fear Thy Name, O Lord, * and all the kings of the earth Thy glory,

PRIEST—When the Lord restores Sion * and appears in His glory.

PEOPLE—When He regards the prayers of the needy, * and does not reject their prayer.

PRIEST—Let this be written for a future gen-

eration, * and let a people yet unborn
praise the Lord.

PEOPLE—For the Lord has looked down
from His sanctuary on high, * from
heaven He has looked upon the earth,

PRIEST—To hear the groans of the captives,
* to set free those doomed to death,

PEOPLE—That the Name of the Lord might
be proclaimed in Sion, * and His praise
in Jerusalem,

PRIEST—When the peoples are gathered to-
gether * and the kingdoms, to serve the
Lord.

PEOPLE—He has worn out my strength in the
way, * He has shortened my days.

PRIEST—I say: O my God, take me not away
in the midst of my days; * Thy years
endure throughout the ages.

PEOPLE—Of old Thou didst found the earth,
* and heaven is the work of Thy hands.

PRIEST—They shall perish, but Thou wilt en-
dure, * and all things shall grow old like
a garment.

PEOPLE—As raiment Thou changest them,
and they are changed: * but Thou art
the same, and Thy years have no end.

PRIEST—The children of Thy servants shall dwell securely, * and their offspring shall endure before Thee.

PRIEST—Glory be to the Father and to the Son and to the Holy Ghost,

PEOPLE—As it was in the beginning, is now, and ever shall be, world without end. Amen.

(ANTIPHON)

PEOPLE—He who is not with Me is against Me, and he who does not gather with Me, scatters.

PRIEST—*Reading from the Prophecy of Isaias.*

THUS SAITH the Lord God: Wash yourselves, be clean, take away the evil of your devices from My eyes; cease to do perversely, learn to do well; seek judgment, relieve the oppressed, judge for the fatherless, defend the widow, and then come, and accuse Me, saith the Lord; if your sins be as scarlet, they shall be made as white as snow; and if they be red as crimson, they shall be white as wool. If you be willing and will hearken to Me, you shall eat the good things of the land: saith the Lord Almighty.

PEOPLE—Thanks be to God.

PRIEST—**IT IS GOOD** to confide in the Lord, rather than to have confidence in man. It is good to trust in the Lord rather than to trust in princes.

PEOPLE—O Lord, repay us not according to the sins we have committed, nor according to our iniquities. O Lord, remember not our former iniquities: let Thy mercies speedily precede us, for we are become exceeding poor. Help us, O God, our Savior: and for the glory of Thy Name, Lord, deliver us: and forgive us our sins for Thy Name's sake.

PRIEST—Let us pray: Grant, O Lord, to Thy faithful people that, having begun the venerable period of fasting with becoming piety, they may persevere in it with steadfast devotion. Through Christ our Lord.

PEOPLE—Amen.

Continue with the Third Section: page 38

SECOND SECTION FOR THE FIFTH WEEK

(ANTIPHON)

PRIEST—Between the porch and the altar the priests, the Lord's ministers, shall weep and pray: Spare, O Lord, spare Thy people; and give not Thy inheritance to reproach that the heathen should rule over them.

(PSALM 142)

PRIEST—O LORD, hear my prayer, listen to my entreaty according to Thy faithfulness, * answer me according to Thy justice.

PEOPLE—Bring not Thy servant to trial, * for in Thy sight no man living is just.

PRIEST—For the enemy pursues me: he has crushed my life to the earth, * he has made me to dwell in darkness like those long dead.

PEOPLE—And my spirit faints within me; * my heart within me grows numb.

PRIEST—I recall the days of old, I meditate on all Thy deeds, * I consider the works of Thy hands.

PEOPLE—I stretch out my hands to Thee; * my soul thirsts for Thee like parched land.

PRIEST—Hasten to answer me, O Lord: *
for my spirit fails.

PEOPLE—Hide not Thy face from me, * lest
I become like those who go down into
the pit.

PRIEST—Let me experience Thy mercy speed-
idly, * for I trust in Thee.

PEOPLE—Show me the way in which I should
walk, * for to Thee I lift up my soul.

PRIEST—Deliver me from my enemies, O
Lord: * in Thee I hope.

PEOPLE—Teach me to do Thy will, * for
Thou art my God.

PRIEST—Thy spirit is good: * may it guide
me on level ground.

PEOPLE—For Thy Name's sake, O Lord, save
my life; * in Thy mercy bring me out of
distress.

PRIEST—And in Thy kindness cut off my en-
emies, and bring to naught all who afflict
me: * for I am Thy servant.

PRIEST—Glory be to the Father and to the
Son and to the Holy Ghost,

PEOPLE—As it was in the beginning, is now,
and ever shall be, world without end.
Amen.

(ANTIPHON)

PEOPLE—Between the porch and the altar
the priests, the Lord's ministers, shall

weep and pray: Spare, O Lord, spare Thy people; and give not Thy inheritance to reproach that the heathen should rule over them.

PRIEST—*Reading from the Book of Leviticus.*

IN THOSE days, the Lord spoke to Moses, saying: Speak to all the multitude of the children of Israel, and thou shalt say to them: I am the Lord your God. You shall not steal. You shall not lie: neither shall any man deceive his neighbor. Thou shalt not swear falsely by My Name, nor profane the Name of thy God: I am the Lord. Thou shalt not calumniate thy neighbor, nor oppress him by violence. The wages of him that has been hired by thee shall not abide with thee until the morning. Thou shalt not speak evil of the deaf, nor put a stumbling-block before the blind; but thou shalt fear the Lord thy God, because I am the Lord. Thou shalt not do that which is unjust, nor judge unjustly. Respect not the person of the poor, nor honor the countenance of the mighty; but judge thy neighbor according to justice. Thou shalt not be a detractor, nor a whisperer among the people: thou shalt not stand against the blood of thy neighbor. I

am the Lord. Thou shalt not hate thy brother in thy heart; but reprove him openly, lest thou incur sin through him. Seek not revenge, nor be mindful of the injury of thy citizens. Thou shalt love thy friend as thyself. I am the Lord. Keep ye My laws; for I am the Lord your God.

PEOPLE—Thanks be to God.

PRIEST—**BEHOLD**, O GOD, our protector,
and look upon Thy servants. O
Lord God of hosts, hear the prayers of
Thy servants.

PEOPLE—O Lord, repay us not according to the sins we have committed, nor according to our iniquities. O Lord, remember not our former iniquities: let Thy mercies speedily precede us, for we are become exceeding poor. Help us, O God, our Savior: and for the glory of Thy Name, Lord, deliver us: and forgive us our sins for Thy Name's sake.

PRIEST—Let us pray: May our fasting be acceptable to Thee, O Lord, in atonement for our sins; may it make us worthy of Thy grace and bring us to life everlasting. Through Christ our Lord.

PEOPLE—Amen.

Continue with the Third Section: page 38

SECOND SECTION FOR THE SIXTH WEEK

(ANTIPHON)

PRIEST—The Son of Man shall be delivered to the Gentiles, to be mocked and scourged and crucified.

(PSALM 129)

PRIEST—**OUT** OF THE depths I cry to Thee, O Lord, * O Lord, hear my voice!

PEOPLE—Let Thy ears be attentive * to the voice of my supplication.

PRIEST—If Thou shouldst remember sins, O Lord, * O Lord, who could bear it?

PEOPLE—But with Thee is forgiveness, * that Thou mayest be served with reverence.

PRIEST—I hope in the Lord, * my soul hopes in His word;

PEOPLE—My soul waits for the Lord, * more than watchmen for the dawn.

PRIEST—More than watchmen for the dawn, * let Israel wait for the Lord,

PEOPLE—For with the Lord is mercy * and with Him plenteous redemption.

PRIEST—And He shall redeem Israel * from all its sins.

PRIEST—Glory be to the Father and to the Son and to the Holy Ghost,

PEOPLE—As it was in the beginning, is now, and ever shall be, world without end. Amen.

(ANTIPHON)

PEOPLE—The Son of Man shall be delivered to the Gentiles, to be mocked and scourged and crucified.

PRIEST—*Reading from the Prophecy of Isaias.*

IN THOSE DAYS, Isaias said: Lord, who hath believed our report? And to whom is the arm of the Lord revealed? He shall grow up as a tender plant before Him and as a root out of a thirsty ground; there is no beauty in Him, nor comeliness; and we have seen Him, and there was no sightliness that we should be desirous of Him. Despised and the most abject of men, a Man of sorrows and acquainted with infirmity, and His look was as it were hidden and despised, whereupon we esteemed Him not. Surely He hath borne our infirmities and carried our sorrows; and we have thought Him as it were a leper, and as one

struck by God and afflicted. But He was wounded for our iniquities, He was bruised for our sins: the chastisement of our peace was upon Him, and by His bruises we are healed. All we like sheep have gone astray, every one hath turned aside into his own way, and the Lord hath laid on Him the iniquity of us all. He was offered, because it was His own will, and He opened not His mouth; He shall be led as a sheep to the slaughter and shall be dumb as a lamb before His shearer, and He shall not open His mouth. He was taken away from distress and from judgment; who shall declare His generation? Because He is cut off out of the land of the living; for the wickedness of My people have I struck Him. And He shall give the ungodly for His burial and the rich for His death: because He hath done no iniquity, neither was there deceit in His mouth. And the Lord was pleased to bruise Him in infirmity: if He shall lay down His life for sin, He shall see a long-lived seed, and the will of the Lord shall be prosperous in His hand. Because His soul hath labored, He shall see and be filled: by His knowledge shall this My just servant justify many, and He shall bear their iniquities. Therefore will I distribute to Him very many, and He shall

divide the spoils of the strong, because He hath delivered His soul unto death and was reputed with the wicked: and He hath borne the sins of many, and hath prayed for the transgressors.

PEOPLE—Thanks be to God.

PRIEST—O GOD, hear my prayer: give ear to the words of my mouth. Save me, O Lord, by Thy Name and in Thy power deliver me.

PEOPLE—O Lord, repay us not according to the sins we have committed, nor according to our iniquities. O Lord, remember not our former iniquities: let Thy mercies speedily precede us, for we are become exceeding poor. Help us, O God, our Savior: and for the glory of Thy Name, Lord, deliver us: and forgive us our sins for Thy Name's sake.

PRIEST—Let us pray: Almighty and Eternal God, Who didst confer the healing of Thy pardon to the Ninivites when they did penance in sackcloth and ashes, mercifully grant that we may imitate them in our conduct and, like them, may obtain Thy forgiveness. Through Christ our Lord.

PEOPLE—Amen.

Continue with the Third Section:

THIRD SECTION

*Priest and people join in reciting the
prayer of Saint Augustine:*

Before Thine eyes, O Lord, we bring our
offenses, * and we compare them with
the punishments we have received.

If we consider the evil done, * we suffer
little, we deserve much more.

What we have committed is very grave; *
what we have suffered is very slight.

We feel the punishment for sin, * yet stub-
bornly continue to sin.

Our indifference is punished by Thy lash, *
but our wickedness is not changed.

Our anguished soul is tormented, * but our
neck is not bent.

Our life groans under sorrow, * yet does
not correct itself in its deeds.

If Thou spare us, we do not correct our-
selves; * if Thou punish us, we cannot
bear it.

In time of correction, we confess our
wrong-doing; * after the crisis is past,
we forget that we have wept.

If Thou stretch out Thy avenging hand against us, * we promise a lot of things; * if Thou withhold the punishment, * we do not keep our promises.

If Thou strike, we cry for mercy; * if Thou spare us, we again provoke Thee to strike.

Here we are before Thee, O Lord, * confessing our guilt; * we know that unless Thou pardon us, * we shall deservedly perish.

Almighty Father, * Who made out of nothing those who ask Thee, * grant us Thy pardon, which we do not deserve. * Through Christ our Lord. Amen.

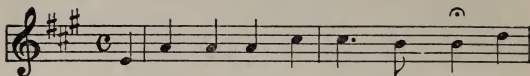
At this point the

SERMON

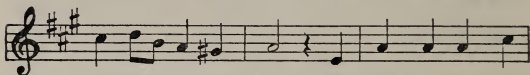
may be preached.

After the sermon the people join in singing one of the following hymns:

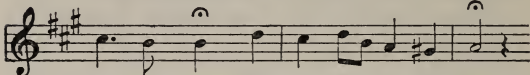
On Bended Knee



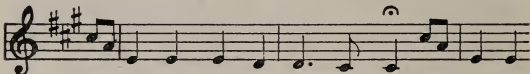
1. On bend-ed knee a guil - ty race be-
 2. That great-ly we have sinned, we know, and



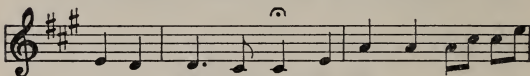
fore Thee we ap - pear; O grant us, Lord, Thy
 far from du - ty swerved; But yet, O Lord, hold



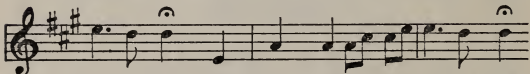
sav-ing grace, our sighs of sor-row hear;
 back the blow, too well by sin de-served;



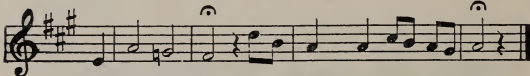
We are un-wor-thy, Lord we own But let Thy
 Re-mem-ber that Thy Son has bled For us, and



mer-cy still be shown; And on us sin-ners
 that up - on His head Thy will laid all our

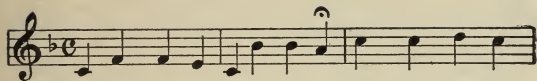


Pi-ty take For Thine and lov-ing Je-sus' sake
 guilt-i-ness, Which now in sor-row we con-fess,

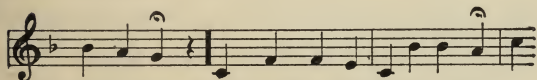


For Je-sus' sake, For Thy sweet Je-sus' sake!
 We now con-fess, In sor-row we cor-fess.

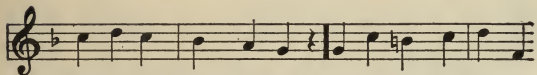
Lift Thine Eyes



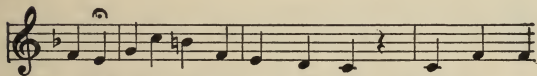
1. Lift thine eyes and lift thy soul, Sin - ner , to the
2. Blood of Je - sus, sav - ing foun - tain, Whence all grac - es



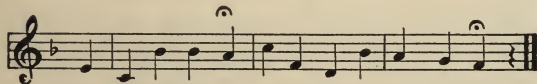
mount a - bove, See the grief and ten - der mer - cy, See
flow to men. Will spring from the ho - ly mountain, Pure



thy Sav - ior's boundless love. Calling from the Cross of
be - yond all mor - tal ken. Help thy ser - vants sweetest

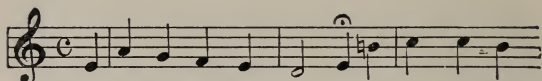


sorrow, Je - sus dying pleads with Thee. Nought from sin
Savior, Ransomed by Thy Precious Blood, Wash their souls

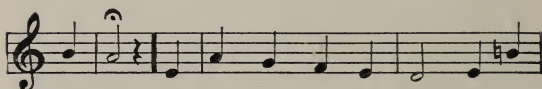


Thou mayest bor - row, For in Him thy peace shall be.
in this blest lav - er, Cleanse them in this healing Flood,

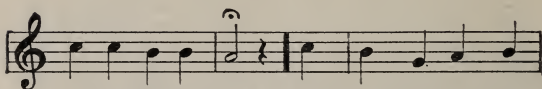
O Sacred Head Surrounded



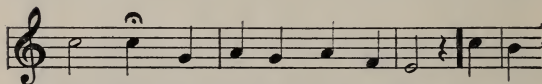
1. O sac-red Head surrounded By crown of pierc-
 2. In this Thy bit-ter pas-sion, Good Shepherd, think



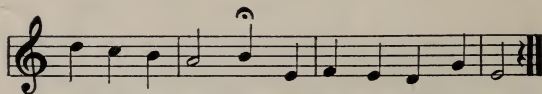
ing thorn. Obleed-ing Head so wound-ed, Re-
 of me, With Thy most sweet compas-sion Un-



viled and put to scorn. Death's pal-lid hue comes
 wor-thy though I be. Be - neath Thy Cross a -



o'er Thee The glow of life de-cays, Yet an-
 bid - ing For-ev-er would I rest, In Thy



gel hosts a-dore Thee And tremble as they gaze,
 great love confid-ing, And with Thy presence blest.

CONCLUDING PRAYER

PRIEST—Lord, have mercy on us.

PEOPLE—Christ, have mercy on us.

PRIEST—Lord, have mercy on us. Our
Father . . .

PEOPLE—Give us this day . . .

PRIEST—I said: Lord, have mercy on me;

PEOPLE—Heal my soul, for I have sinned
against Thee.

PRIEST—How long, O Lord, until Thou re-
turn to us?

PEOPLE—Be gracious to Thy servants.

PRIEST—Let Thy mercy, O Lord, be upon us,

PEOPLE—According as we have hoped in
Thee.

PRIEST—Let Thy priests be clothed with jus-
tice,

PEOPLE—And let Thy Saints rejoice!

PRIEST—Let us pray for our Holy Father,
Pope (N.).....

PEOPLE—May the Lord preserve him and
give him life and make him blessed upon
earth, and deliver him not up to the will
of his enemies.

PRIEST—Let us pray also for our Bishop,
(N.)

PEOPLE—May he stand firm and maintain his
flock in Thy might, O Lord, in the lofti-
ness of Thy Name.

PRIEST—O Lord, protect our ruler,

PEOPLE—And hear us when we call upon
Thee.

PRIEST—Protect Thy people, O Lord, and
bless Thine inheritance,

PEOPLE—And rule them and exalt them for-
ever.

PRIEST—Be mindful of Thy congregation,

PEOPLE—Which Thou hast possessed from
the beginning.

PRIEST—May there be peace within thy
walls,

PEOPLE—And abundance within Thy towers.

PRIEST—Let us pray for our benefactors:

PEOPLE—Graciously grant, O Lord, the re-
ward of eternal life to all those who do
us good for Thy Name's sake. Amen.

PRIEST—Let us pray for the faithful de-
parted:

PEOPLE—Eternal rest grant unto them, O
Lord, and let perpetual light shine upon
them.

PRIEST—May they rest in peace.

PEOPLE—Amen.

PRIEST—For our absent brethren:

PEOPLE—Protect Thy servants who trust in
Thee, O my God.

PRIEST—For those in distress or captivity:

PEOPLE—Free them, O God of Israel, from
all their troubles;

PRIEST—Send them help, O Lord, from Thy
holy place,

PEOPLE—And from Sion defend them.

PRIEST—O Lord God of might, restore us;

PEOPLE—Show Thy face, and we shall be
saved.

PRIEST—Arise, O Christ, and help us;

PEOPLE—And redeem us for Thy Name's
sake.

PRIEST—O Lord, hear my prayer,

PEOPLE—And let my cry come unto Thee.

PRIEST—The Lord be with you.

PEOPLE—And with thy spirit.

PRIEST—Let us pray: O Lord God, merci-
fully pour into our hearts the grace of
the Holy Ghost, which by sighs and tears

may wash away the stains of our sins and obtain for us, by Thy bounty, the pardon which we desire. Almighty and eternal God, Who rulest the living and the dead and hast mercy on all who Thou foreknowest shall be Thine by faith and good works: we humbly beseech Thee that all those, living and dead, for whom we have determined to pray, may, through Thy kindness and clemency and the intercession of all Thy Saints, obtain pardon for their sins. Through Christ our Lord.

PEOPLE—Amen.



BENEDICTION SERVICE

O SALUTARIS HOSTIA

O Salutaris Hostia,
Quae coeli pandis ostium!
Bella premunt hostilia;
Da robur; fer auxilium.
Uni Trinoque Domino,
Sit sempiterna gloria;
Qui vitam sine termino
Nobis donet in patria.
Amen

TANTUM ERGO

Tantum ergo Sacramentum
Veneremur cernui,
Et antiquum documentum
Novo cedat ritui,
Praestet fides supplementum,
Sensuum defectui.
Genitori, Genitoque
Laus et jubilatio.
Salus, honor, virtus quoque,
Sit et benedictio.
Procedenti ab utroque,
Compar sit laudatio. Amen.

PRIEST—Panem de coelo praestitisti eis;

PEOPLE—Omne delectamentum in se habentem.

PRIEST—OREMUS:—Deus, qui nobis sub Sacramento mirabili Passionis tuae memoriam reliquisti; tribue, quaesumus, ita nos Corporis et Sanguinis tui sacra mysteria venerari, ut redemptionis tuae fructum in nobis jugiter sentiamus. Qui vivis et regnas in saecula saeculorum.

PEOPLE—Amen.

THE DIVINE PRAISES

Blessed Be God!

Blessed be His Holy Name!

Blessed be Jesus Christ, true God and true Man!

Blessed be the Name of Jesus!

Blessed be His most Sacred Heart!

Blessed be Jesus in the most holy Sacrament of
the Altar!

Blessed be the great Mother of God, Mary most
holy!

Blessed be her holy and Immaculate Conception!

Blessed be her glorious Assumption!

Blessed be the Name of Mary, Virgin and Mother!

Blessed be St. Joseph, her most chaste Spouse!

Blessed be God in His angels and in His saints!

AFTER BENEDICTION

Parce, Domine, parce populo tuo:
ne in æternum irascaris nobis.

— OR —

Adoremus in æternum
Sanctissimum Sacramentum.

Laudate Dominum omnes gentes
Laudate eum omnes populi.

Quoniam confirmata est super nos
misericordia ejus,

Et veritas Domini manet in æternum.

Gloria Patri et Filio,
Et Spiritui Sancto.

Sicut erat in principio et nunc et semper,
Et in sæcula sæculorum. Amen.

Adoremus in æternum
Sanctissimum Sacramentum.

*"Let it not be foolish for you to rise early
before the light of day; for the Lord has
promised a crown to those who are alert."*

—Lenten Invitatory at Matins

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